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From: Tiger Daily
Sent: Thursday, August 11, 2016 10:23 AM
To: Tiger Daily
Subject: Tiger Daily [August 11, 2016]



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EVENTS

FUTURE EVENTS

- [ABC's of Grant Writing Workshop](#) - **September 7, 9:00 am to 4:00 pm**

ANNOUNCEMENTS

Memorial Union Hours

Memorial Union hours for August 13 – 21, 2016, as well as the Fall 2016 semester may be found online at <http://www.fhsu.edu/union/hours/>

MEMORIAL UNION HOURS

Saturday, August 13 - Sunday, August 21

ADMINISTRATIVE OFFICES

Reservations and Tiger ID Cards
Monday - Friday 8:00 am - 4:30 pm
Saturday - Sunday CLOSED

BUILDING HOURS

Monday - Friday 7:00 am - 10:00 pm
Saturday 8:00 am - 10:00 pm
Sunday 1:00 pm - 10:00 pm

CENTER FOR STUDENT INVOLVEMENT

Monday - Friday 8:00 am - 4:30 pm
Saturday - Sunday CLOSED

MONDOS SUBS (In Cody Commons)

Saturday, August 13th CLOSED
Monday - Friday 11:00 am - 2:00 pm
Saturday, August 20th 11:00 am - 2:00 pm
Sunday CLOSED

STARBUCKS/GRAB N GO

Monday - Friday 7:00 am - 10:00 pm
Saturday 8:00 am - 10:00 pm
Sunday 1:00 pm - 10:00 pm

STUDENT HEALTH CENTER

Monday - Friday* 8:00 am - 4:30 pm
Saturday - Sunday CLOSED
*Practitioner may vary

CHARTWELLS CATERING OFFICE

Monday - Friday 8:30 am - 12:30 pm, 1:30 pm - 4:30 pm
 Saturday - Sunday CLOSED

STUDENT SERVICE CENTER

Monday - Friday 8:00 am - 10:00 pm
 Saturday 8:00 am - 10:00 pm
 Sunday 1:00 pm - 10:00 pm

COMMERCE BANK

Monday - Friday 8:00 am - 4:00 pm
 Saturday - Sunday CLOSED

TIGER MARKET

CLOSED

MAIL CENTER

Monday - Friday 8:00 am - 12 noon; 12:30 pm - 4:30 pm
 Saturday - Sunday CLOSED

UNIVERSITY BOOKSTORE

Saturday, August 13th CLOSED
 Sunday, August 14th CLOSED
 Monday - Friday 8:00 am - 5:00 pm
 Saturday, August 20th 8:00 am - 5:00 pm
 Sunday, August 21st 1:00 pm - 5:00 pm

AstroByte: Perseid Meteor Shower

From the earthscience-request@list.nsta.org, contributed by Andrew Fraknoi

Dear Teaching Colleagues:

This Thursday and Friday, there will be one of the best annual meteor showers ...and some experts are even predicting that there might be a meteor “outburst” this year – where the number of shooting stars increases beyond the usual rates.

This is a complicated year for watching the Perseid meteor shower, because the evening sky has a roughly half-lit-up moon in it, making it more difficult to catch the faint “shooting stars.” So if you can wait until the Moon sets (between midnight and 1 am), you should have better viewing in the pre-dawn darkness....

The best night is the evening of Thursday, Aug. 11 and morning of Friday, Aug. 12th, although there could be significantly more meteors in the sky on the night before and the night after too. *Meteors* or “shooting stars” (which have nothing to do with stars) are pieces of cosmic dust and dirt hitting the Earth’s atmosphere at high speed and making a flash of light.

These flashes could happen anywhere in the sky, so it’s best to view the shower from a dark, wide-open place. See the list at the end for viewing suggestions.

A few tips for best viewing:

ANDREW FRAKNOI’S EIGHT HINTS
 FOR “TAKING A METEOR SHOWER”

1. Get away from city lights and find a location that’s relatively dark
2. If it’s significantly foggy or cloudy, you’re out of luck
3. Your location should allow you to see as much of the dome of the sky as possible
4. Allow time for your eyes to get adapted to the dark (at least 10 -15 minutes)
5. Don’t use a telescope or binoculars – they restrict your view (which means you don’t have to be part of the 1% with fancy equipment to see the shower; this is a show for the 99%!)
6. Dress warm – it can get cooler at night even in August (and don’t forget the insect repellent while you are outside)
7. Be patient (it’s not fireworks): keep looking up & around & you’ll see flashes of light
8. Take someone with you with whom you like to spend time in the dark!

Paul Adams, Dean, College of Education

Tiger Wellness – Fall Group Fitness Schedule

The Group Fitness Classes for Fall 2016 (All classes will begin the week of August 29th and are located in Cunningham hall Rm 122)

Monday

-5:30am-6:30am * Variety Fitness
-12:15pm-12:45pm * H.I.I.T.
-4:40pm-5:20pm *H.I.I.T
-5:30pm-6:20pm * YOGA

Tuesday

-12:15pm-12:45pm *TRX
-4:40pm-5:20pm * TRX
-5:30-6:20pm * Zumba

Wednesday

-5:30am-6:30am *Variety Fitness
-12:15pm-12:45pm *BOSU/Boxing
-4:40pm-5:20pm *Strictly Strength
-5:30pm-6:20pm *Pilates

Thursday

-12:15pm-12:45pm * TRX
-4:40pm-5:20pm * Core & Cardio
-5:30-6:20pm * Zumba

Friday

-5:30am-6:20am * Variety Fitness

Descriptions

-Variety Fitness : This class is a great way to start your day! Come check out the different variations of workouts and challenges we have for your body.

-H.I.I.T.: high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

-YOGA: This class is a great way to focus on the mental, emotional and spiritual aspects of wellness. Surround yourself with a relaxing environment while working on the flexibility components of fitness.

-TRX: By utilizing your own bodyweight, the TRX Suspension Trainer allows you to perform multiple movements and gain strength in several areas. Other body weight and core exercises will be included.

-Zumba: A Latin-inspired dance-fitness class. The cardio based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteal, legs, arms, core, abdominals, and the most important muscle in the body, the heart.♥

-Bosu/Boxing: A challenging workout using a BOSU (half of a physioball that is placed on a dome) to recruit stabilizing muscle's for core and overall body strength. Boxing- A great workout for everyone interested in improving their fitness and stamina. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress, and get an awesome workout in.

-Strictly Strength: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. You will use dumbbells, plates, resistance bands, and machines._

-Pilates: improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

-Core & Cardio: A mixture of core based and cardio movements using various pieces of equipment and fitness styles.

For more information, contact Emily Washburn, Assistant Director of Tiger Wellness Center

Move-In Day 2016 Volunteers

As all of you are aware, move-in day is just around the corner! With this, we could use some volunteers in welcoming our new FHSU Tigers! On **August 17th from 1pm to 4pm**, the students who are involved in a learning community or living in the Dane G. Hansen Scholarship Hall will be moving in, and the remaining students will be moving in on **August 18th from 8am to noon**. If you are available and willing to volunteer with one of these move-in days, please RSVP by filling out the form: <https://goo.gl/forms/Ua6cs1fIM3NmC3k92>. Thank you and if you have any additional questions please contact Janna Wilkinson (jlwilkinson@fhsu.edu or x4495).

Janna Wilkinson, Admissions Counselor

Fall Convocation

Please plan to attend the Fall Convocation next Wednesday, August 17, at 8:00 am in Beach/Schmidt Performing Arts Center, Sheridan Hall.

Details and final agenda will be in Tiger Daily tomorrow.

Karen Allen, Executive Assistant to the President

EVENTS

ABC's of Grant Writing Workshop

Wednesday, September 7 – 9:00am to 4:00pm

FHSU Memorial Union, Stouffer Lounge

Ms. Leslie Paige, Office of Scholarship and Sponsored Projects, will facilitate the workshop.

The Management Development Center is pleased to offer *ABC's of Grant Writing*.

Learning outcomes include: how to target federal and non-federal funding sources with the best “fit” for your organization; how to critically evaluate requests for proposals and interpret funder guidelines; how to develop logic models, project work plans and appropriate timelines; a strategic approach to writing the components of a proposal; when to contact program and grant officers - and what to say; proven methods designed to increase the probability of funding; and strategies designed to improve resubmissions.

Because Leslie Paige's grant writing services are already free of charge to FHSU faculty & staff, complimentary registration for this MDC workshop is not available. However, you may register at a 15% discount utilizing a code since FHSU is a Hays Area Chamber of Commerce member. If you opt to register for *ABC's of Grant Writing*, please utilize the link on the MDC website, <https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

Please contact Conni Dreher by email at cdreher@fhsu.edu or by phone at (785) 628-4121 to obtain the code or inquire about the registration process.

To submit an article for Tiger Daily, please create a **new** message and email it to tigerdaily@fhsu.edu before **10:00 a.m.** Items received after 10:00 a.m. will run the next business day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include** a headline, body text, and contact information only. **Attachments, graphics and images will not be published (including signature line graphics)**, but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily article directly to the submitter.** Only one Tiger Daily message will be sent per day.